

LIVE WELL TO AGE WELL

Research shows genetics are only 25% of the visible signs of aging such as gray hair and wrinkles. The other 75% is due to Stress, Environment, Nutrition, Lifestyle, and Immune Health. So to ensure you age as gracefully as possible you will need to manage these areas of your life, but first, let's take a quick assessment.

Rate yourself in each area, on a scale of 1 to 5.

1 = Desperately need Improvement and 5 = Exactly Where I want to Be

Don't beat yourself up, but be honest. The goal is to find where you can improve so you can create a plan to make some adjustment in one area at a time.

Stress 1 2 3 4 5 Lifestyle 1 2 3 4 5

Environment 1 2 3 4 5 Immune Health 1 2 3 4 5

Nutrition 1 2 3 4 5

5 Simple Ways to Boost Your Numbers!

1) Get Movin'

You don't have to be a bodybuilder to get the anti-aging benefits from exercise. In fact, research shows that a 15-minute brisk walk can increase the serotonin hormone levels that control mood, appetite, sleep and blood pressure. Therefore you will feel less stressed and it will improve your immune system.

2) Soak up Some Sunshine

That's right, an esthetician is telling you to get in the sun. Vitamin Deficiency is a REAL problem. It is needed to regulate cellular growth, promotes calcium absorption, protects against certain types of cancers, diabetes and bone disease. To make sure you are taking in plenty of vitamin D incorporate eggs, fatty fish, and fortified foods into your diet. As well as taking that before mentioned 15-minute brisk walk in the sun. 20 minutes a Day in the sun is long enough for your body to make its own Vitamin D. These foods and sun exposure can help improve your nutrition and immune health.

3) Get your Fill of Folate

Folic acid isn't just for pregnant women. Depleted levels of folic acid are linked to early signs of dementia, depression and early mental decline. To ensure you are getting plenty, add green leafy veggies, citrus fruits, peas and beans to your daily meal plan. This will help you improve your nutrition and immune health.

4) Ask the Hardest Questions.

When it comes to lifestyle changes the more Lofty the goal the more likely we are to fail. Not because we can't do it, but because we bite off more than we can chew. When you are setting goals, ask yourself one question. "How"?

For example, I want to lose 20lbs by the end of 2018. How? By eating better and moving more. How? By sticking to my grocery list. How? By mapping out my meals. How?....

Each time you ask yourself "How" you are literally creating a plan to meet your goal. With each "How" write down the answer. Each day read your plan of action and each night revisit how you did. If you have lifestyle habits that you need to change this is a very practical method to make you really think about your course of action to accomplish your goals.

5) Decompress

Chronic stress accelerates premature aging by shortening DNA telomeres. Inside the nucleus of a cell, our genes are arranged along twisted, double-stranded molecules of DNA called chromosomes. At the ends of the chromosomes are stretches of DNA called telomeres, which protect our genetic data, make it possible for cells to divide, and hold the secrets to how we age and get cancer. The Longer the Telomeres the better we age. Keeping the body in balance is key. You know when you are doing too much or feel overwhelmed. That is when you need to listen to your body and take a break. Downtime is necessary for repair and replenishment. Make it a habit to give your body this time, free from distractions or obligation. At Oasis Skin Care Clinic, we make your facial a Departure from the grind that is your day to day life

Now choose one of your lowest scoring areas and map out your plan to improve that number. Ask “How?”!
